

SELF HELP

Islamised

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“Your writing is both inspirational and motivating...”

Halima Sarki

Abuja Nigeria

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Introduction

In The Name of Allah, The Entirely
Merciful The Especially Merciful

This is a book about self-help(a
common genre) from an Islamic
perspective- by the will of Allah.

I have purposely kept it short, for
brief reading.

Text(Matn)

All praises be to Allah and
salutations and peace be upon the
Prophet Muhammad, His Family, His
Companions and all those that follow
him until the day of Judgement

To proceed

In Islaam, in relation to the
topic of 'Uloow Himmah(high
ambitions):

To put it slightly in-line with some topics of the self-help books that are rampant in the bookstores and libraries, a Muslim should concentrate most of his efforts on increasing their self-esteem (i.e. loving oneself).

However, in Islaam, there is some sort of hierarchy of love.

You must love Allah the most, then The Prophets (Prophet Muhammad Peace be upon them all,

being at the head of your love for the Prophets), then the Sahaabah(Abu Bakr, 'Umar, Uthmaan, 'Ali respectively being at the head of your love for the companions, May Allah be pleased with them), then the 2 blessed generations(after the Sahaabah), then the Scholars of Islaam, before you put yourself or other Muslims for your love(wa Allahu A'lam/ and Allah knows best)

A Muslim must work towards their self-ideal, i.e. having sincere

intentions to Allah that He would make you a better person.

In Orthodox Islaam, sincerity to Allah then correctly following The Last Prophet(Muhammad Peace be upon him) are the keys to your deeds being accepted.

Before even doing the deed, we are told in a hadeeth(on the authority of Umar bin Khattab,May Allah be pleased with him) that:
“Verily actions are but by intetion...”

So you are awarded for your sincere intention(by the will of Allah) even if obstacles come/ are in your way from actually carrying out that righteous action.

So, in the circles of knowledge within Orthodox Islaam, a person is judged for His intentions and the actions he appears to take to achieve their goals(by the knowledge and will of Allah)

Bonus Chapter 1

3 types of souls

1. Mutma innah- Surah Fajr Verse

27(The break of day or The Dawn)

2. Lawwaamah- Chapter 75 Surah
Qiyaamah(The Resurrection) Verse 2

3.Amru bissuw-
Hisnul Muslim- Qahtani

3 types of hearts

1. Qalbun Saliim(A sound heart)

2. Qalbun Mareedh(A sick heart)

Oh Allah give us a complete cure
that leaves no illness Ameen.

3. Qalbun Mayyit(A dead heart)

May Allah protect us from this

Ameen

Bonus Chapter 2

All praises be to Allah and
salutations and peace be upon the
Prophet Muhammad, His Family, His
Companions and all those that follow
him until the day of Judgement

To proceed

1. If you don't let go to worldly love,
you'll never know which relationship
is meant to be permanent, and

which was meant to be temporary;
for the good of yourself.

Take the example of Prophet
Ibrahim (upon him be peace and
Salaam):

The important thing (wa Allahu
A'laam/ and Allah knows best) is that
Allah wanted
Ibrahim ('aleihimussalaatu wa
salaam/ upon him be peace and

Salaam) to sacrifice the love of his son from his own heart.

Like the story of the 2 sons of Adam; Allah wanted to see who would part from the dunia/worldly life from their hearts(wa Allahu A'laam/ and Allah knows best), by giving their best possessions i.e. the crops

Allah is Assamad(He is in need of noone/nothing, but all are in need of him).

So the conclusion is that Allah wants us to go to Him with Qalbun Salim(a pure heart).

May Allah allow us to live and die with Qalbun saliim(a pure heart)

May Allah guide us all

Ameen

Bonus Chapter 3

All praises be to Allah and
salutations and peace be upon the
Prophet Muhammad, His Family, His
Companions and all those that follow
him until the day of Judgement

To proceed

Fronting wouldn't be such an
accurate name for 'gra gra', as they
call it in Nigeria.

In Nigeria, the social system/
system of daily interaction/
operation is set by the people(of-
course by the permission of Allah), in
their own way.

Trying to compare Nigeria with
another country is like trying to
compare tomatoes and potatoes,
they are not the same; a vegan
would definitely tell you that. Some
Nigerians will go as far as telling
you that:

“There are the Blacks, the whites,
and then the Nigerians “

or thereabout, which in my (almost
a) years experience in Nigeria, I
would definitely agree with this
idiom. This is from the angle of
Nigeria and its people

I can categorically say that
gragra is a spiritual system that
Nigerians use to carry out their day

to day tactical activities and strategies.

I must admit, I've never seen any system in the world so solid.

Much of their tactics and strategies(...) with regards to the 'gragra' is not even written down.

Gragra is a spiritually etched system in the souls of the people living in Nigeria (both Nigerians and foreigners who have assimilated long enough in Nigeria).

As a practising Muslim(by the permission of Allah), I only wished to analyse the positive side of this so-called gragra.

In conclusion, at the end of the gragra, you get all the things you need(by the will of Allah), not necessarily what you want(especially if it is not good for you). This is from an Islamic and spiritually inclined point of view.

Just as a final warning:

**Nigeria is not for the faint-
hearted nor the dumb-witted.
You also have to have contacts
in high places to (generally)
positively live there.**

FINAL PRAYER

All Praises abundant and plentiful belong to Allah, and peace be upon his final Messenger Muhammad, peace and blessings be upon him, his family, his companions and all of those that follow them till the day of Judgement.

FINAL WORD

If you liked the reflective quotes, check out in the links below what was part of the fruits of this work:

1. www.edriskibalama.com

A website on creatively designed inspirational quotes images and a

[portfolio](#) section outlining my achievements thus far.

2.

www.muslimhomeschoolsoftware.com

A website on Home Educational Software for children with an Islamised and Ethical curriculum

3.

www.intelligentmindsconsultancy.com

A website on IT support,
WordPress support and IT
consultancy

4. www.eddykibs.com

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www.linkedin.com/in/edriskibalama/

5. Other published books

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